

# ARBOR

RESTAURANT

Summer 2019

All dishes use fresh, seasonal ingredients, sustainable and locally sourced where possible. Summer brings a bounty of beautiful vegetables to the table. So, by popular demand we've added an extra vegan main to choose from. Look out for Chef Andy's sustainable fish specials from local boats, changing daily. As always, our staff are happy to advise you on all our dishes and any dietary requirements you may have. Please ask.

## NIBBLES

Crispy Squid, Lemon Aioli — 5.50 — <i>Gf, Df</i>	Chickpea Crackers & Hummus — 3.50 — <i>Gf, Ve</i>	Onion Bhajees — 3.50 — <i>Gf, Ve</i>	Crispy Cauliflower, Katsu Sauce — 3.50 — <i>Ve</i>	Mixed Olives — 4.50 — <i>Gf, Ve</i>	Halloumi Bites, Sweet Chilli Mayonnaise — 4.50 — <i>V</i>	Artisan Loaf, Yeast Extract Butter — 4.50 — <i>V</i>	Arancini & Dips — 4.00 — <i>V</i>
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## TO START

### New Forest Crab Mayonnaise, Crumpet, Apple and Fennel Salad, Brown Crab Butter Sauce

— 9.50 —

Hand-picked white crab meat bound with mayonnaise, chives and a squeeze of lemon. Served on a light, freshly baked fluffy dill crumpet and a buttery brown crab sauce. Crunchy shaved apple and fennel add sweetness and bite.

### Isle of Wight Tomato and Laverstoke Buffalo Mozzarella Tart

— 8.50 —

Ripe-to-perfection tomatoes from the Isle of Wight are simply prepared with olive oil and a dash of balsamic to bring out their incredible flavour. Creamy mozzarella from the fantastic Laverstoke Park Farm complements the rich tomato fondue – all sitting in a crispy pastry case.

*V*

### Coronation Chicken Terrine, Parfait and Apricot Purée

— 8.00 —

Chicken thighs marinated in classic curry spices are combined with vibrant green pistachio nuts and plump apricots, cooked in a terrine then pressed. Served with a chicken liver parfait and a tangy apricot purée. A combination fit for a queen. Kings welcome to try, too.

*Gfo*

### Seasonal Soup of the Day

— 6.50 —

Some people never order soup, thinking it's the obligatory afterthought of a reluctant chef. Not here. Only suitably seasonal stuff makes it into our steaming pot. So if you're normally a non-souper, it's safe to ask about today's creation. Veggie option always available.

*Gfo*

### Sea Bream Ceviche, Lime and Tequila Mayo, Guacamole

— 7.50 —

Fresh-off-the-boat Sea Bream is given a squeeze of lime and a dash of tequila last minute for a light cure. Tangy mayonnaise and spicy guacamole complement the raw fish perfectly. A vibrant Pico de Gallo of Isle of Wight tomatoes and coriander bring it all together. Tortilla chips for scooping crunch.

*Gf, Nf*

### Salad of Baby Vegetables, Shoots, Hummus and Olive Crumb

— 7.00 —

Summery baby vegetables selected for seasonality, quality and freshness – carrots, fennel, beetroot, radish etc – are prepared cooked, raw and pickled for complex textures and flavours. Creamy hummus topped with crunchy olive crumb provides the bed. Finished with dressed shoots and leaves.

*Ve, Gf*

## Market Fish

Market price

The best, freshest fish from local quays, perfectly prepared. It may be world-class Bass from Poole or sought after Lemon Sole from Lyme Bay. It's all seafood for the soul. Just ask your waiter or check the board to see how it will be served today.

## TO FOLLOW – FROM BAY, BARN & BUTCHER

### Crooked Soley Pork Fillet, Scotch Egg, Bacon Jam and Pickled Onion

— 19.50 —

A porky picnic feast. Fluffets free-range soft boiled egg encased in our own minced pork meat. Served alongside super tender Crooked Soley pork fillet. Trimmings: sweet, sour and salty bacon jam, a roast apple fondant and scorched onion pickled in malt vinegar.

*Dfo*

### Ratatouille Suet Pudding, Olive Oil Mash, Green Sauce

— 16.50 —

Freshly hand-made suet puddings stuffed with tomatoey Mediterranean vegetables are steamed then served crisp for texture. Accompanied by a dairy-free olive oil mash and a bright green herby sauce of basil, parsley, gherkins and capers. A dish rich in flavour but light enough for summer.

*Ve, Gf*

### Roasted Jerk Cauliflower, Charred Corn, Sweetcorn Salsa, Rice and Peas

— 15.00 —

Cauliflower is roasted in a spice mix of cinnamon, nutmeg, ginger and hot chillies. Served with a fresh cooling charred sweetcorn salsa and a side of fragrant rice and fresh summer peas.

*Ve, Gf*

### Chef's Sustainable Fish Special

— 21.00 —

We don't want to overwork our seas. Instead, Head Chef Andy Hilton picks from the best seasonal and sustainable catches of the moment to create a perfectly balanced dish of the most delicious fish and shellfish, straight from port to plate. Please ask your waiter what's on the menu today.

### Rack of Lamb, Crispy Glazed Sweetbreads, Pea Purée and Charred Leek

— 20.50 —

Juicy tender lamb chops cooked on the rack, served pink with the fat rendered until crisp. We take the sweetbreads and deep fry, think KFC, then glaze with honey, mint and a dash of Minus 8 vinegar. Puréed summer peas add fresh, vibrant sweetness, balanced by a braised leek, charred for a savoury smack.

*Gf*

### Summer Greens Risotto with Old Winchester Cheese and Baby Herbs

— 15.00 —

We take all the greens synonymous with summer – peas, broad beans, courgettes and chard – and cook with risotto rice. Instead of the Italian approach, we use Old Winchester, a tangy nutty entirely veggie New Forest Cheese. The greens and cheese go together like a dream. Dressed with fragrant baby herbs.

*V*

### 8oz Stokes Marsh Sirloin Steak with Portobello Mushroom

— 24.00 —

Peppercorn Sauce +1.00  
Dorset Blue Vinney Butter +1.00  
Steak as it should be. Succulent sirloin from Tim Johnson's roaming Hereford-Angus crossbred herd is dry hung for 28 days to maximise flavour and tenderness. Served with addictive twice-cooked chips and a big, meaty Portobello mushroom.

*Gfo, Dfo*

### Creedy Carver Duck Breast, Duck Heart Bao, Carrot and Ginger Purée

— 18.50 —

Our favourite ducks from Devon need no gimmicks. They're cooked simply for a crispy skin and pink meat. The hearts are slow cooked for hours in chicken jus, soy, ginger and sesame until super tender and packed with intense duck flavour. They're then shredded and stuffed into a soft bao dumpling for a steam. Finished with a carrot and ginger purée and rich duck liquor.

## SIDES – ALL 3.50

Twice-Cooked Chips <i>Df, Gfo, Veo</i>	Sun-Dried Tomato and Cheddar Polenta Chips <i>V, Gf</i>	Buttered New Potatoes <i>Gf, V, Veo</i>	Simple Seasonal Greens <i>Gf, Dfo, Veo</i>	Fennel and Cabbage Slaw, Lime Dressing <i>Ve, Gf</i>	Curry-Roasted Cauliflower, Toasted Almonds and Sultanas <i>Ve, Gf</i>
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*Gf = Gluten free ~ Gfo = Gluten free option ~ Df = Dairy free ~ Dfo = Dairy free option ~ Ve = Vegan ~ Veo = Vegan option ~ V = Vegetarian ~ Nf = Nut free*

We practise fair tipping which means our team receives 100% of your gratuity (after the taxman's cut). A 10% discretionary gratuity will be added to your bill. Before you order your meal, please ask our team if you have any questions about the menu, allergies or dietary requirements. We welcome any feedback, so please tell us what you think.

## HEAD CHEF, ANDY HILTON

**'In our kitchen, a borderline obsession with food is mandatory.'**

My cooking was encouraged by my father. Saturdays as a young kid, we'd create spicy curries. Sundays were all about the roast. Both my parents worked during the week and I'd always cook dinner after school, trying out different things. Some dishes worked better than others. Mum and Dad just smiled and devoured them regardless.

I became head chef at The Green House in 2012. What do I ask of my team? First: passion. Chefs need to love what they do. In our kitchen, a borderline obsession with food is mandatory. Second: inspiration. I want my team to take something and run with it. It's my food on the menu but everyone here's a part of Arbor. Their contributions and opinions are invaluable. Ultimately, I want my trainees to aspire to their own kitchen.

My food hero is really my previous head chef, Gordon Jones, whose ability to see a finished dish within a stack of raw materials is amazing. He taught me to avoid the constraints of 'normal'. He'd say, 'Let your food reflect you'. So every day I strive to make every dish look and taste better than the day before.

Great eating makes you react. If at some point during your meal, you don't halt your conversation to comment on the food then I've failed. (No pressure – I won't be hovering over you!) It's the challenge I'm happy to take on. I hope you have a truly memorable experience. And if for some reason you don't, please let me know about it.

## SUSTAINABLE TO THE CORE

**'Our commitment to sustainability is like the marbling on a beautiful piece of beef. It's essential to the end result, not a token menu boast.'**

Great food leaves lasting memories. But we need to protect their future. That's why every decision taken in the restaurant and hotel is evaluated for environmental impact. We have low-energy induction cookers, sustainable floor timber and we only use the best quality, ethically produced local ingredients. The Sustainable Restaurant Association has given us the highest possible ranking, saying we were 'Raising the bar in sustainable sourcing practices'.

The job's made easier by the rich diversity of our region's fantastic producers, including a treasured group of artisan suppliers, many of them small, family-run businesses. Using small-scale local suppliers with ultra-high standards means we have to accept peaks and troughs in availability. So our kitchen team have to be constantly creative about the ingredients they use.

We research our suppliers carefully and agree fair and ethical policies that benefit them, us, and you the customer.

*Fb /ArborRestaurantBournemouth*  
*Twitter @arborrest*

[www.arbor-restaurant.co.uk](http://www.arbor-restaurant.co.uk)  
[www.thegreenhousehotel.co.uk](http://www.thegreenhousehotel.co.uk)

## 'BON APPETIT!' FROM OUR SUPPLIERS

**'We only use quality-assured specialist providers who are as passionate and committed to ethical food excellence as we are.'**

### FISH

Lobster, crab, red mullet, black bream, rope-grown mussels, hand-dived scallops, langoustine – all only a short distance from the sea on our doorstep to the plates on our tables. Our aim is 'Port to Plate' in 24 hours. Arbor follows Marine Stewardship Council (MSC) guidelines, which promote the best environmental and sustainable policies and practices in fishing and sourcing seafood. To protect future stocks, fishing is directed by seasonality.

We use multiple fishmongers in Dorset, Devon and Cornwall depending on seasonality and keep a close eye on the Marine Conservation Society's 'Good Fish Guide'. Only fish and seafood with the best sustainable ratings make it to our menu. Special mention must go to Chalk Stream Farm on the River Test who now supply us some of the UK's tastiest, richest rainbow trout – all sustainably and ethically reared.

### MEAT

We only use meat produced from happy, well-fed, traditionally reared animals and birds. Most comes from Dorset, Wiltshire and Hampshire. Where appropriate, meat is hung for maximum flavour and tenderness. All animals are:

- free to range,
- free from hormones and growth promoters,
- fed an organic, natural diet,
- humanely slaughtered.

### Meet the Butcher – Walter Rose & Son, est 1847, Devizes, Wiltshire

Awarded Britain's Best Butchers Shop in 2016, Walter Rose & Son is run by Andy and Steve Cook, whose family have been butchers for three generations. Most produce comes from their own farm or from farms within walking distance of the shop, including Hereford-Angus crossbreeds from Coulston, and free roaming pigs from the wooded hills of Crooked Soley. 'The best butchers I have ever worked with. The quality of meat is incredible.' Andy Hilton. ~ [www.walterroseandson.co.uk](http://www.walterroseandson.co.uk)

### FRUIT & VEG

Maximum freshness, vibrant flavour and seasonal variety are the watchwords here. We buy from ultra-local micro growers within a few miles of the hotel, and have formed a strong partnership with...

### Meet the Grocer - Harvest Fine Foods, Southampton & Grounded Enterprises Bournemouth

Harvest supply all of our dry foods and spices and some of our veg. Every month they update us on seasonality and local availability. We also work closely with Grounded Enterprises who source extremely seasonal, ultra-local veg via the Bournemouth Food Assembly. ~ [www.harvestfinefoods.co.uk](http://www.harvestfinefoods.co.uk)  
~ [www.facebook.com/groundedenterprises](http://www.facebook.com/groundedenterprises)

## CHEESE & DAIRY

When it comes to the curd, apart from Blue Vinney, Dorset used to be the lesser cousin to Somerset. But there's been a real artisanal revival here recently, which we're proud to support.

### Meet the Cheesemakers & Dairy Suppliers...

#### James's Cheese – Dorset

In 2009, James McCall, Head Cheesemaker at Daylesford Organic, moved his family to the beautiful Dorset countryside to concentrate on 'affinage', the art of ageing and maturing cheese. Working with local suppliers like Lyburn and Chalke Valley Cheese, he's developed an award-winning range of exciting washed-rind cheeses, which take centre stage on our cheeseboards. ~ [jamescheese.co.uk](http://jamescheese.co.uk)

#### Homewood – Mendips, Somerset

A small-scale artisan making special ewes' cheeses using unpasteurised milk from local flocks and vegetarian rennet. All are traditionally hand-crafted in small batches, including their signature cheese Old Demdike, a Greek-style brined cheese, Halloumi, and fresh Ricotta. ~ [www.homewoodcheeses.co.uk](http://www.homewoodcheeses.co.uk)

#### Alex James Presents – the Cotswolds

A little rock-star glamour is brought to our menu courtesy of Alex James (Blur's bassist). His company was founded in 2011 and now produces a range of amazing, award-winning artisanal cheeses from his country estate in the Cotswolds. ~ [alexjamespresents.co.uk](http://alexjamespresents.co.uk)

#### Wrights Dairies – Poole, Dorset

Wrights supply our cream, butter, organic milk, freshly squeezed juices and a vast range of local cheeses. They're a small local business who go out of their way to find the best produce for their customers. ~ [wrights-dairies.co.uk](http://wrights-dairies.co.uk)

#### Fluffets Farm – Fordingbridge, Hampshire

The passion Ben from Fluffets has for his business is evident every time he delivers eggs straight to the back door. He cares about eggs and the way that they are produced so we know the product is going to be first class every time. ~ [www.fluffetsfarm.co.uk](http://www.fluffetsfarm.co.uk)

## SERVING SOON

A few highlights to whet your appetite...

### Discover Dorset Happy Hour - Fridays

At the bar or out on the Terrace, we're showcasing our favourite Dorset and regional drinks at reduced prices every Friday.

### Outdoor Pizza Oven at The Green Hut

We're now taking summer bookings for hen parties, baby showers and birthday parties in our beautiful hotel gardens.

### A Taste of Spain - 27th Sept, 6- 9.30pm

Discover the remarkable flavours of Spain on a special night exploring favourites like Rioja and Tempranillo along with lesser-known names including wonderful dessert wines and sherries. All accompanied by canapés, tapas sharing boards, and a selection of puddings! £35pp.

### Winter Menu Preview Evening, 31st Oct

As the nights grow shorter, treat yourself to a 5-course tasting menu, highlighting the best of the new season. £35pp.

## AWARDS

